



# SNOWDON

## SUNRISE

### TRAINING GUIDE



#### PREPARED BY

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TACTICAL PERFORMANCE



# **Disclaimer**

**The information provided in this training programme is for general purposes only.**

**While the recommendations are based on accepted exercise science research and guidelines, they do not (and cannot) take into account your individual needs, abilities, and limitations.**

**This programme is NOT intended to be a substitute for medical advice or working with an exercise professional who knows your personal health history and abilities.**

**All exercise has inherent risks, including injury and in rare cases more serious complications. Before beginning an exercise program, you are advised to consult a health care professional to make sure this type of exercise is safe for you.**

**If you do not seek and follow advice from an appropriate health care professional, you assume liability for any injury that may occur while following this plan.**



# Congratulations!

**You have signed up for the Snowdon Sunrise event with Sky Blue Adventures. Snowdon or 'Yr Wyddfa' located in North Wales is an awe-inspiring mountain and the highest peak in England and Wales at 1085m! The route you will be taking will cover approximately 9 miles there and back, ascend several hundred meters and take around 5-7 hours in total.**

**If you have not done anything like this before or not for a while then it is recommended that you physically prepare so that you can complete and enjoy this unforgettable experience, the fitter you are, the better!**

**The progressive training guide below can be followed exactly or adapted to fit into your own training regimen or schedule.**

**If you feel that your current fitness is good then you may choose to start the programme a few weeks in at a higher volume and intensity.**

**Be careful however that you do not decide to take a short cut and do too much too soon which can lead to overtraining, fatigue and potential injury**

**This programme will help you build a good aerobic base, better mobility and balance, strong upper and lower body and strong trunk for carrying a light pack in the mountains.**



# Steady Build Up

**When training for this event it is important to build your training up gradually and progressively, you will see that the training gets a little harder each week and every 4th week a recovery week is added.**

**The recovery week does exactly what it says, it allows your body to recover from the training you have been doing by lowering the volume and intensity so that you will be ready for the next 3 weeks of training.**



# Beware of injury

**Building up progressively is important if you have not trained for a while or are a complete beginner.**

**Always be on the lookout for injury or overtraining as they can ruin your plans:**

**Common injuries are:  
Ligament / tendon / muscle strains anywhere in the body especial around the lower limbs i.e. hips, knees and ankles.**

**These are often graded as mild, moderate or severe.**



## Some specific labelled conditions include:

**Runner's knee** – soft tissue inflammation and straining of the tissue on the outside of the knee.



**Plantar fasciitis** – inflammation and straining of the connective tissue on the sole of the foot.



**Shin splints** – umbrella term for pain in the shins and calf when exercising – most common is inflammation of the muscles and tendons in these areas. Occasionally the pain may be from stress fractures of the shin bone (tibia).



**Bursitis** – inflammation of the fluid filled cushion between bones, tendons, joints, and muscles, they are common around the hip and knee.



It is not in the scope of this training guide to list all the different types of injuries, their diagnosis, assessment and treatment but if you have an injury or develop a problem then I would advise you to consult with a qualified professional and not your mate down the pub!



# A Few Recommendations

- 1. Listen to your body – Do not ignore pain, it's your body's way of telling you there is a problem.**
- 2. Prevention is better than cure – warm up / cool down / build intensity and volume gradually / avoid running / walking on hard surfaces (tarmac) to often and in boots.**
- 3. Ice – If you have any of the above injuries or niggles use ice over the painful area 4 x per day for 20 mins (wrap the ice in a damp towel). For plantar fasciitis soak your feet in a bowl of cold tap water for 10-15 mins 4 x per day.**
- 4. Mobilise & Stretch – spend time working on your mobility and always stretch out the muscles you have worked, hold stretches for 40-60 secs / use a foam roller to iron out knots and adhesions in the muscles. Use a prickly ball on the sole of the feet several times a day if you are struggling with plantar fasciitis or arch issues.**
- 5. Active rest – if you need time out then you do not need to sit on the sofa for 6 weeks, you can work around things. IMPROVISE, ADAPT AND OVERCOME! i.e., if you have a foot problem work on your upper body strength or mobility.**
- 6. Stay on top of your hydration and nutrition – healing comes from within.**



# Warm up

**Before you begin any exercise, it is important that you warm up this will prepare your mind and body for the session ahead by loosening up your muscles and joints and getting the blood pumping around your body.**

1. Start by jogging on the spot for 2-3 mins.
2. Standing on the spot move your arms in a front crawl movement for 30 secs, then back crawl for 30secs, then breast stroke for 30s and finally butterfly for 30 secs.
3. Shrug your shoulders up towards your ear and then back squeezing your shoulder blades together, do this for 30 secs remembering to change direction i.e. forward and backward.
4. Drop your right ear down to your right shoulder and hold for 20 secs and then repeat the other side.
5. Rotate your wrists for 30 secs clock wise and anti-clockwise.
6. Raise your thigh to 90 degrees and then rotate out to the side, alternate left and right sides for 30 secs.
7. Rotate your ankles clock wise and anti-clockwise for 30 secs.





# Training Tips

- **Start slow, build up the pace over time so that you can maintain the ability to hold a conversation at a brisk conversational pace.**
- **Walk tall and use walking poles if desired.**
- **Carry a packed rucksack, the one you will be using for the event, no more than 10kgs in weight.**
- **Aim to vary the routes that you walk to avoid boredom and create more of a challenge.**
- **Cross training will give you a break from walking, you can substitute walking for swimming, cycling, or another cardio exercise.**
- **If you cannot do the whole duration in one go then break it up into smaller chunks with short rest in between.**
- **Take plenty of fluids and snacks on longer walks.**
- **Get plenty of sleep and recovery.**



# 12 WEEK TRAINING GUIDE

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
1	Warm up 25 min walk stretch	Rest	Warm up 30 min walk stretch	Warm up 20 min Circuit A Cool down stretch	15 mins mobility & stretching	Warm up 30 min walk stretch	Rest
2	Warm up 30 min walk stretch	Rest	Warm up 35 min walk stretch	Warm up 20 min Circuit B cool down stretch	15 mins mobility & stretching	Warm up 40 min hill walk stretch	Rest
3	Warm up 35 min walk stretch	Rest	Warm up 40 min walk stretch	Warm up 25 min Circuit A cool down stretch	15 mins mobility & stretching	Warm up 45 min hill walk stretch	Rest
Recover y week	Warm up 30 min walk stretch	Rest	Warm up 35 min walk / bike / swim / row stretch	Warm up 20 min Circuit B cool down stretch	15 mins mobility & stretching	Warm up 40 min hill walk stretch	Rest
5	Warm up 25 min Circuit A cool down stretch	Warm up 40 min walk stretch	Rest	Warm up 45 min walk stretch	15 mins mobility & stretching	Warm up 50 min hill walk stretch	Rest
6	Warm up 30 min Circuit B cool down stretch	Warm up 50 min walk stretch	Rest	Warm up 55 min cross training: walk / bike / swim / row cool down stretch	15 mins mobility & stretching	Warm up 60 min hill walk stretch	Rest



# 12 WEEK TRAINING GUIDE

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
7	Warm up 30 min Circuit A cool down stretch	Warm up 60 min walk stretch	Rest	Warm up 60 min cross training: walk / bike / swim / row cool down stretch	15 mins mobility & stretching	Warm up 1.5 hr hill walk stretch	Rest
Recover y week	Warm up 25 min Circuit B Cool down stretch	Warm up 40 min walk stretch	Rest	Warm up 45 min walk stretch	15 mins mobility & stretching	Warm up 50 min hill walk stretch	Rest
9	Warm up 60 min walk / bike / swim / row stretch	Rest	Warm up 1.15hr walk stretch	Warm up 30 min Circuit A cool down stretch	15 mins mobility & stretching	Warm up 2.5 hr hill walk stretch	Rest
10	Warm up 60 min walk / bike / swim / row stretch	Rest	Warm up 1.15hr walk stretch	30 min Circuit B cool down stretch	15 mins mobility & stretching	Warm up 3 hr hill walk stretch	Rest
11	Warm up 60 min walk / walk / bike / swim / row stretch	Rest	Warm up 40 min walk stretch	30 min Circuit A cool down stretch	15 mins mobility & stretching	Warm up 4 hr hill walk stretch	Rest
12	Warm up 40 min walk stretch	20 min Circuit B Cool down stretch	Rest	15 mins mobility & stretching	Rest	SNOWDON	Enjoy



# STRENGTH CIRCUITS

**RUN THROUGH EACH EXERCISE ONE AFTER THE OTHER WITHOUT A BREAK (IF YOU CAN) FOR THE INDICATED TIME.**

**ONCE THROUGH IS ONE ROUND, DO AS MANY ROUNDS AS YOU CAN FOR THE INDICATED TIME.**

**DO NOT RUSH, MAKE SURE EACH REPETITION IS A GOOD ONE, IF YOU NEED TO BREAK THE REPS DOWN INTO SMALLER CHUNKS THAT IS FINE.**

**FOR EXAMPLE, 20 AIR SQUATS CAN BE BROKEN DOWN IN TO 2 LOTS OF 10 BEFORE MOVING ON.**



# CIRCUIT A

- AIR SQUAT X 20 REPS
- PUSH UP X 5 REPS
- ALTERNATE LUNGE ON THE SPOT X 20 REPS (10 EACH LEG)
- RUCKSACK OVERHEAD PRESS X 10 REPS
- MOUNTAIN CLIMBERS X 20 REPS (10 EACH SIDE)
- PLANK HOLD X 20SECS
- BURPEE X 10 REPS



# CIRCUIT B

- WALKING ALTERNATE LUNGE X 20M
  - BICEP CURL WITH RESISTANCE BAND X 15 REPS
  - STEP UP X 20 REPS (10 EACH LEG)
  - BENT OVER ROW WITH RESISTANCE BAND X 15 REPS
  - AB CRUNCH X 12 REPS
  - SHOULDER BRIDGE X 15 REPS
  - ANGEL AND DEVILS X 12 REPS
- [HTTPS://YOUTU.BE/CG8P9WVGKYO](https://youtu.be/cg8p9wvgkyo)



# Contact Details

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Jamie Archer



Accredited Strength, Conditioning and Performance Coach

Registered Osteopath

Specialising in bespoke online performance and target focused training plans to help you achieve your goals.

## Join your Adventure Training group

- Private training support via What's App
- Ask Jamie your training questions
- Receive Accountability and Support
- Be part of a Community of like-minded individuals



Contact Jamie for further details  
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